



Subject: PE Yr7—content may be in a different order

AUTUMN TERM	
September - October	Content:
	I Fit (MOT)
	<i>Exploring different methods of training to improve fitness</i>
November - December	Content:
	Gymnastics
	<i>Developing individual floor and apparatus skills</i>
SPRING TERM	
January – Early February	Content:
	Crossfit
	<i>Introduction to CrossFit as a varied form of competitive fitness</i>
Late February - March	Content:
	My Health
	<i>Different types of fitness and how they can be measured</i>
SUMMER TERM	
April - May	Content:
	I am what I eat
	<i>The importance of a balanced diet and the consequences of not having one</i>
June - July	Content:
	Striking and Fielding
	<i>Introduction to the skills of Cricket and Welsh Baseball</i>
ADDITIONAL NOTES	
Date	Content